

# Steps to Miles Conversion Chart

*Numbers are approximations*

<u>Steps</u>		<u>Minutes</u>		<u>Miles</u>
500	=	5	=	1/4 mile
<b>1000</b>	=	<b>10</b>	=	<b>1/2 mile</b>
1500	=	15	=	3/4 mile
<b>2000</b>	=	<b>20</b>	=	<b>1 mile</b>
2500	=	25	=	1 1/4 miles
<b>3000</b>	=	<b>1/2 hour</b>	=	<b>1 1/2 miles</b>
3500	=	35	=	1 3/4 miles
<b>4000</b>	=	<b>40</b>	=	<b>2 miles</b>
4500	=	45	=	2 1/4 miles
<b>5000</b>	=	<b>50</b>	=	<b>2 1/2 miles</b>
5500	=	55	=	2 3/4 miles
<b>6000</b>	=	<b>1 hour</b>	=	<b>3 miles</b>
6500	=	65	=	3 1/4 miles
<b>7000</b>	=	<b>70</b>	=	<b>3 1/2 miles</b>
7500	=	75	=	3 3/4 miles
<b>8000</b>	=	<b>80</b>	=	<b>4 miles</b>
8500	=	85	=	4 1/4 miles
<b>9000</b>	=	<b>1 1/2 hours</b>	=	<b>4 1/2 miles</b>
9500	=	95	=	4 3/4 miles
<b>10000</b>	=	<b>1 hr 40 min</b>	=	<b>5 miles</b>

## Other

Biking 3 miles = 2,000 steps

Jogging/running 1 mile = 4,000 steps

Wheelchair 1 mile = 2,000 steps